

DESCRIPTION OF THE COURSE OF STUDY

Course code	0915.7.DI1.F7.DŚS	
Name of the course in	Polish	Dietetyczne środki spożywcze
	English	Dietetic foodstuffs

1. LOCATION OF THE COURSE OF STUDY WITHIN THE SYSTEM OF STUDIES

1.1. Field of study	Dietetics
1.2. Mode of study	Full-time
1.3. Level of study	Bachelor's Degree
1.4. Profile of study*	Practical
1.5. Person/s preparing the course description	Dr Anna Tokarska
1.6. Contact	annato@onkol.kielce.pl

2. GENERAL CHARACTERISTICS OF THE COURSE OF STUDY

2.1. Language of instruction	English
2.2. Prerequisites*	Food chemistry, food technology, microbiology, food microbiology

3. DETAILED CHARACTERISTICS OF THE COURSE OF STUDY

3.1. Form of classes	Lecture classes/Practical classes	
3.2. Place of classes	Collegium Medicum UJK	
3.3. Form of assessment	Graded credit	
3.4. Teaching methods	Lecture: informative lectures with a multimedia presentation, conversational lectures Practical classes: presentation, discussion, practical exercises	
3.5. Bibliography	Required reading	<ol style="list-style-type: none"> Świderski F. Żywność wygodna i żywność funkcjonalna. WNT, Warszawa, 2003. Ustawa z dn. 25 sierpnia 2006 o bezpieczeństwie żywności i żywienia (Dz.U. Nr 171, poz.1225 z późn. zm.). Rozporządzenie Ministra Zdrowia z dnia 16 września 2010r. w sprawie środków spożywczych specjalnego przeznaczenia żywieniowego (Dz. U. Dz. U. Nr 180, poz. 1214).
	Further reading	<ol style="list-style-type: none"> Commission Regulation (EC) No 41/2009 of 20 January 2009 concerning the composition and labelling of foodstuffs suitable for people intolerant to gluten. Rozporządzenie Ministra Zdrowia z dnia 16 września 2010 r. w sprawie substancji wzbogacających dodawanych do żywności. Rozporządzenie (WE) nr 1925/2006 Parlamentu Europejskiego i Rady z 2006r. w sprawie dodawania do żywności witamin i składników mineralnych oraz niektórych innych substancji.

4. OBJECTIVES, SYLLABUS CONTENT AND INTENDED LEARNING OUTCOMES

4.1. Course objectives (including form of classes)

Lectures:

- Energy and nutritional value of foodstuffs intended for particular nutritional uses.
- The use of individual foodstuffs intended for particular nutritional uses.

Practical classes:

- Foodstuffs intended for particular nutritional uses in planning the nutrition of sick people, people in certain physiological states.
- Foodstuffs intended for particular nutritional uses in planning the nutrition of infants and young children.

4.2. Detailed syllabus (including form of classes)

Lectures

1. Infant formulas and follow-on formulas for children aged 1-3 years.
2. Foods used in energy-restricted diets for weight loss.
3. Dietary foods for special medical purposes.
4. Foods for people with carbohydrate metabolism disorders.

Classes

1. Composition analysis of infant formulas and follow-on formulas for children aged 1 to 3 years.
2. Foods used in energy-restricted diets for weight loss.
3. Food for athletes and people with an active lifestyle.
4. Food reducing the risk of civilization diseases.
5. Food for people in specific physiological conditions.
6. Gluten-free foods, low-protein foods.

4.3 Intended learning outcomes

Code	A student, who passed the course	Relation to learning outcomes
within the scope of KNOWLEDGE:		
W01	Has knowledge of dietary foods.	DI1P_W07 DI1P_W09
W02	Knows Polish and European nutrition and food law.	DI1P_W07
within the scope of ABILITIES:		
U01	Performs the identification and standard analysis of phenomena affecting the production of the quality of dietary foodstuffs.	DI1P_U05
U02	Can use industrial diets, dietary supplements and food for special nutritional purposes available in Poland in order to improve the health of the consumer / patient.	DI1P_U04
within the scope of SOCIAL COMPETENCE:		
K01	Continues education throughout his professional life in order to constantly update his knowledge and professional skills.	DI1P_K05
K02	Is aware of the importance of social, professional and ethical responsibility for the production of food for special purposes of high health quality.	DI1P_K04

4.4. Methods of assessment of the intended learning outcomes

Teaching outcomes (code)	Method of assessment (+/-)											
	Test			Project			Self-study			Effort in class		
	Form of classes			Form of classes			Form of classes			Form of classes		
	L	C	...	L	C	...	L	C	...	L	C	...
W01		+										
W02		+										
U01					+			+		+		
U02					+			+		+		
K01					+			+		+		
K02										+		

4.5. Criteria of assessment of the intended learning outcomes

Form of classes	Grade	Criterion of assessment
Lecture (L)	3	61-68% Mastering the content of the curriculum at the basic level, chaotic answers, necessary leading questions.
	3,5	69-76% Mastering the content of the curriculum at the basic level, systematized answers, requires the help of a teacher.
	4	77-84% Mastering the content of the curriculum at the basic level, systematic and independent answers.
	4,5	85-92% The scope of the presented knowledge goes beyond the basic level based on the supplementary literature provided.
	5	93-100% The scope of the presented knowledge and skills goes beyond the basic level based on self-acquired scientific sources of information.
Classes (C)	3	61-68% Mastering the content of the curriculum at the basic level, chaotic answers, necessary leading questions.

3,5	69-76% Mastering the content of the curriculum at the basic level, systematized answers, requires the help of a teacher.
4	77-84% Mastering the content of the curriculum at the basic level, systematic and independent answers.
4,5	85-92% The scope of the presented knowledge goes beyond the basic level based on the supplementary literature provided.
5	93-100% The scope of the presented knowledge and skills goes beyond the basic level based on self-acquired scientific sources of information.

5. BALANCE OF ECTS CREDITS – STUDENT'S WORK INPUT

Category	Student's workload	
	Full-time studies	Extramural studies
<i>NUMBER OF HOURS WITH THE DIRECT PARTICIPATION OF THE TEACHER /CONTACT HOURS/</i>	40	25
<i>Participation in lectures</i>	15	10
<i>Participation in classes</i>	25	15
<i>INDEPENDENT WORK OF THE STUDENT/NON-CONTACT HOURS/</i>	35	50
<i>Preparation for the lecture</i>	10	15
<i>Preparation for the classes</i>	25	35
<i>TOTAL NUMBER OF HOURS</i>	75	75
ECTS credits for the course of study	3	3

Accepted for execution (date and legible signatures of the teachers running the course in the given academic year)

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